

# Carlisle Connection



June  
2015

Serving  
Carlisle's 60+  
Community



COA Official Town website: [www.carlislema.gov](http://www.carlislema.gov)  
Friends of COA: [www.carlisle.org/foccoa](http://www.carlisle.org/foccoa)

66 Westford Street Carlisle, MA 01741

## Message from the Director

Greetings Everyone,

Do you like new stuff? For those that do, I thought I'd mention a few new things that are either happening now, or that we're working on for the not too distant future.

**Exercise:** For the Yoga lovers out there who may not have noticed, the location of the Yoga class that the COA co-sponsors through Carlisle's RecCom has been changed to the beautiful and airy Benfield Farms Apartments at 575 South Street. As always, seniors get a discount!

**Transportation:** Carlisle's new grant funded, wheelchair-accessible vehicle will soon be here. We're working on finding a vendor to operate the vehicle to give Carlisle residents, particularly those who are seniors or have disabilities, more flexible transportation choices.

**Technology:** Do you ever wish that you could sign up and pay for Carlisle COA events or programs on your computer? Well stay tuned, because Online Registration and Payment may be just around the corner. I know, I know, you can't wait!

**Marketing Makeover:** Smile, a new COA Logo is on the way as well. We're on a roll!!

Warm regards, David

## Movie & Other Quotes

"...We do not stop playing because we grow old, we grow old because we stop playing..."

from Friday Night Lights via Johann W. Von Goeth

## Inside this Issue

Transportation .....	2
Meals .....	3
Outreach & Events .....	4
Exercise .....	5
Calendar of Events .....	6

## COA Spring Fling Dance **Friday, June 5, 6pm**

Join us at St. Irene for a fun night of great music with the amazing DJ, Jon Mansfield of Mansfield Entertainment, who will not only spin records, but sing, play the keyboard and dance the night away. Selection requests invited; enjoy music from the 40s, 50s, 60s, 70s and beyond. Enjoy light refreshments at 6pm, then music and dancing from 6:30 to 8:30pm. Dancing demos by our own Ballroom Dancing instructors, Barry Kasven & Cynthia Horn, and by some of their students. Music sponsored by Emily Tamilio of Right at Home. Please register by calling the COA (978) 371-2895 by noon on Friday, May 29. Bring your neighbors & friends.



## CARLISLE COA OFFICE HOURS

Monday 9am - 5pm  
Tues - Thu 9am - 3pm  
Friday 9am - 1pm

(978) 371-2895 Office  
(978) 371-6690 Van line  
(978) 371-6693 Director

## COA Staff

**Director** David Klein  
coadirector@carlisle.mec.edu  
**Outreach & Prog. Mgr.** Angela Smith  
asmith@carlisle.mec.edu  
**Transportation Coord.** Debbie Farrell  
coaride@carlisle.mec.edu  
**Admin. Assist.** Linda Cavallo-Murphy  
coadmin@carlisle.mec.edu  
**LICSW -** Peter Cullinane

## COA Board Officers

**Board Chairperson**  
Liz Thibeault  
**Vice-Chair**  
Abha Singhal  
**Treasurer**  
Peggy Hilton  
**Secretary**  
Liz Bishop

## Board Members

Elizabeth Acquaviva  
Lillian DeBenedictis  
Walter Hickman  
Donna MacMullan Jean Sain

## Associate Members

Stephanie Blunt Mary Daigle  
Gio DiNicola Verna Gilbert  
Reuben Klickstein  
Joan Rosazza Patti Russo



## **TRANSPORTATION**

**Van Line Reservations: (978) 371-6690 or email [coaride@carlisle.mec.edu](mailto:coaride@carlisle.mec.edu)**

COA transportation services are available to all senior & adult disabled Carlisle residents during COA office hours. *Need a ride to RMV, SS Office, or local errands? These are rides that we can help you with in addition to medical appts.*

### **Donations/Fees\***

Van rides within Carlisle and the Friday shopping trip **FREE**; rides within 15 miles, suggested donation \$2, Van rides over 15 miles away, \$5. \*Parking fees are the responsibility of the rider.

### **Medical appointments**

Call at least 2 days in advance if possible. We do not provide medical rides to Boston or Cambridge at this time. Please call 911 for Emergency.

### **Local grocery /Shopping trips**



Join us every Friday morning at 9am for the Weekly Grocery Shopping Trip to Market Basket in Westford. **FREE** van ride. Call to make reservations at (978) 371-6690. Van leaves VC at 9am.

### **Shuttle pick-up for the COA monthly lunch at FRS**

Village Court pickup at 11:15am and Congregational Church at 11:30am. Please call the van line to confirm attendance.

## **TRIPS & More**



### **Restaurant Reviews**

Call Joanne Willens at (978) 371-8023 to register.



**UNO Pizzeria & Grill**  
**Monday, June 8**

Join us as we head to Nashua for a delicious lunch at Uno's. Van leaves VC at 10:30am, CC at 10:45am, returning between 2-3pm. Van fee \$5.00. Deadline to register is Monday, June 1.

**River Rock Grill**  
**Monday, July 13**



Come and enjoy a delicious lunch at the River Rock Grill in Maynard. Van leaves VC at 10:30am, CC at 10:45am, returning between 2-3pm. Van fee \$2.00. Deadline to register is Monday, July 6.

### **Joanne's Travelers Day Trips**

Call Joanne Willens at (978) 371-8023 to register.



**Gloucester Lobster Cruise**  
**Wednesday, June 24**



Departing from CC at 8:30am for a delicious New England Clam Bake upon the Luxury Beauport Princess Cruise Ship. Returning back to Carlisle around 5:30pm. Tour cost: \$84/pp. Checks made payable to "Fox Tours." Deadline to register is June 10. Payment due at registration.



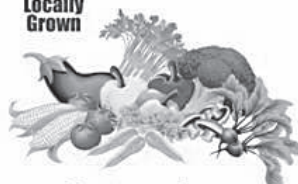
**Provincetown Fast Ferry**  
**Thursday, July 30**



Departing from CC at 8am heading to Plymouth where you will catch "Captain John's Fast Ferry." Once there, enjoy the sights, shopping and dining in this eclectic community. Returning back to Carlisle around 7pm. Tour cost: \$69/pp. Checks made payable to "Fox Tours." Deadline to register is July 15. Payment due at registration.

### **Stay Tuned for more Theatrical Trips**

### **Carlisle Farmers Market**



**Saturday**  
**8 am - Noon**  
**Kimball's - Rt 225**

The Carlisle Farmers Market is held every Saturday - starting on June 20 this year and running into October - from 8am to noon at the Kimball's Ice Cream parking lot on Route 225.

### ***Save the Date***

"Seniors Day" at the Carlisle Farmers Market - August 8, 8am-noon.



### **Hair Cuts on the Go!**

**Monday, June 29, Town Hall**

Stylists Suzanne and Georgia provide haircuts to seniors for \$10.50. Call the COA at (978) 371-2895 for your 15 min. appt. between 9 - 11am.

## **FOOD COURT & Miscellaneous Activities**



### **Chelmsford Crossing/ Minuteman Senior Services Lunch** **Wednesday, June 3, 12pm**

The Congregational Church is hosting a delicious lunch cooked by Chelmsford Crossing and supported by Minuteman Senior Services. Enjoy BBQ chicken leg, potato salad, cole slaw and ice cream sandwiches for dessert. All gluten-free except for dessert. Register at (978) 371-2895 by noon on Friday, May 29. Suggested donation: \$3. **Following lunch:** Ken Harte of Estabrook Road graduated from Rensselaer Polytechnic Institute and obtained a Ph.D. in physics from Harvard, but to most Carlisle residents Ken is widely known as a birder. After telling us how he became a birder, he will highlight the local birds you can find in Carlisle and Concord, talk about some of the best places to find them, and discuss the Christmas Bird Count and some changes in Carlisle bird life over the last half-century. Come enjoy the wonders of our local feathered friends.



### **Monthly Coffee** **Thursday, June 4, 9am**

Mingle with your neighbors at this relaxed, **FREE** coffee hour at the Village Court's Sleeper Room. Coffee's hosts: Liz Bishop & Donna MacMullan.

### **"Senior Moments" at** **Monday, June 8 & 22, 9:30-11am**

A casual drop-in for Carlisle seniors 60+. **FREE** goodies provided by the COA. Start your morning off with good coffee, food and friends! Ferns gives a 10% coffee discount to senior attendees.



### **Men's Breakfast** **Thursday, June 11, 8am**

Held monthly at the Sleeper Room at Village Court, 145 Church St. Enjoy this generous, delicious, hearty breakfast prepared by our volunteer chef and helpers. Suggested donation: \$3 for Men's Breakfast. Gluten-free option available.



### **COA Lunch** **Thursday, June 18, 11:45am**



Join us for lunch at St. Irene (note venue change for June & July). This meal is run by our wonderful team of COA Volunteers. Menu: assorted sandwiches, garnishes, cold drinks and dessert. Suggested senior donation: \$3. To register call the COA at (978) 371-2895 no later than noon, Monday, June 15. Shuttle available, see page 2. **After lunch:** Richard Clark as Mark Twain - Come & enjoy a visit with one of America's best-loved writers and humorists. You will be treated to a compendium of his life & works; laugh along with him at the foibles, follies and fantasies of a bygone era. This program is supported in part by a grant from the Carlisle Cultural Council, a local agency supported by the Massachusetts Cultural Council, a State Agency.



### **Ice Cream Social** **Tuesday, June 30, 1:30pm**



Seniors are invited to a **FREE** ice cream sundae social (make your own sundae or have a sugar-free dessert) at the Congregational Church starting at 1:30pm. Please call (978) 371-2895 to RSVP by Tuesday, June 23. Your favorite ice cream and toppings along with sugar-free treats will be generously provided by Visiting Angels and Kimball Farm. Following the ice cream, at 2pm, Pastor Steve Weibley will lead a sing-a-long of any favorites requested by June 16.



### **Tunia Body Work Sessions** **Tuesday, June 9 & 23**

Interested in trying the Chinese manipulative therapy called *Tunia*? Appts. start at 2pm at Benfield, 575 South St., 2<sup>nd</sup> Fl. Health Rm., For appt. please contact Linda Sango, our Tai Chi instructor and a certified *Tunia* practitioner at (978) 660-2837. Carlisle seniors pay a discounted price of \$20/½ hr., and \$40/hr. Please wear loose comfortable clothes. Techniques include soft tissue massage, acupressure and manipulation. *Tunia* is best suited for helping chronic pain, musculoskeletal conditions and stress-related disorders that affect the digestive and/or respiratory systems. Among the ailments *Tunia* treats best are neck pain, shoulder pain, back pain, sciatica & tennis elbow.

**\*\*NOTE:** COA Lunches, Monthly Coffees, Men's and Women's Breakfasts, are sponsored in part by the Friends of Carlisle COA, the Council on Aging, and other private donations. If you are attending an event at the Sleeper Room at Village Court, please park on the street as parking in Village Court are for residents only. Thank you. Please call the COA at (978) 371-2895 to register as noted.

## Outreach with Angela

### Volunteers Needed!

It is so nice to see the sun and the buds on the trees. Spring is a time of growth and renewal. As part of that renewal, I hope some of you will consider either becoming a volunteer for the COA or possibly taking on a new task that you don't already do. Being a volunteer not only helps the seniors you support, but it is actually good for you! According to Stephanie Watson, Executive Editor, Harvard Women's Health Watch, "Studies have shown that volunteering helps people who donate their time feel more socially connected, thus warding off loneliness and depression. But I was surprised to learn that volunteering has positive implications that go beyond mental health. A growing body of evidence suggests that people who give their time to others might also be rewarded with better physical health—including lower blood pressure and a longer lifespan." Rodlescia Sneed, a doctoral candidate in social and health psychology at Carnegie Mellon University [says] "It [volunteering] may also reduce stress. Many people find volunteer work to be helpful with respect to stress reduction, and we know that stress is very strongly linked to health outcomes."

So please consider helping by being a friendly driver, friendly visitor, delivering Meals on Wheels, helping with programs, presenting a lecture, slide show or some entertainment, and/or helping with technology. Interested? Please call me to discuss how you can put those excellent skills to use in helping your neighbors.

Best, Angela



WE MAKE  
A LIVING  
BY WHAT WE GET,  
BUT WE MAKE  
A LIFE BY  
WHAT WE GIVE.

winston churchill

## Community Events

### Carlisle Country Gardens Tour & Plant Sale

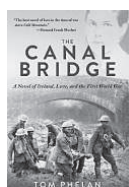
**June 12-13, 10am-4pm**

The 2015 tour, "Art in our Gardens," presents six idiosyncratic and idea-packed gardens envisioned and created by Carlisle gardeners. Former abandoned farmlands, ancient orchards, and cozy hillsides have been imaginatively redesigned for life in the 21st century while respecting the heritage of our forebears.

This year the tour offers a new feature: each garden will be enhanced by the original sculpture and artwork of one or more local artists. Their work includes stone sculptures, ceramics, *plein air* painting, and intriguing assemblages of found objects with themes from botany & natural history. Volunteers needed - call 978-369-9649.

Plants will be sold at the Town Common.

For tickets: Seniors \$20 - [www.carlislegardenclub.org](http://www.carlislegardenclub.org), Ferns and New England Nurseries in Bedford.



### Community Book Club

**Monday, June 8, 10:30am**

- Gleason Library, Hollis Room -

*The Canal Bridge* by Tom Phelan

For info contact Mary Zoll, (978) 369-5236.

### Pass It Forward Day

**Saturday, June 13, 10am-3pm**

Please consider donating your new and gently used items at the Pass It Forward Day on Saturday, June 13, 2015, 10am-3pm, at the Carlisle Transfer Station.

- Adult clothing for Acton Community Supper, Big Brother Big Sister, Concord Players, MIT's International Students
- Baby's and children's things for Cradles to Crayons
- Backpacks and school supplies for Claremont Academy, Worcester Public Schools
- Science things and arts and crafts for Discovery Museum
- Books for Benton Library, Belmont
- Poetry Books for Concord Poetry Center
- Pots, Pans and other household items for Household Goods Recycling Ministry
- Equipment for small animals for Lowell Humane Society

See the Mosquito for more details.

## FOR YOUR HEALTH



### **EXERCISE CLASSES - Mind & Body**

**Note:** To sign up for the following programs, call the COA office at (978) 371-2895 (*minimum # required*), unless otherwise noted. Stop in and try a class/day for **FREE**!

#### **TUESDAYS**

**June 2, 9, 16, 23, 30 @ St. Irene**

**Zumba - 10:45am.** Taught by Zumba Certified Instructor Katrina Rotondi. Fee: \$40 (June-Aug.). *No Class June 30.*

**Tai Chi - 12:30pm.** Taught by Linda Sango. Wear loose fitting clothing, soft soled shoes. Fee: \$40 (June-Aug.).

**Ballroom Dancing - 2pm.** Wear leather-soled shoes. **FREE** due to the generosity of our teachers, Barry Kasven & Cynthia Horn. Please call the COA to register. *Last Class June 2.*

#### **WEDNESDAYS**

**June 3, 10, 17, 24 @ Benfield (Session III)**

**Yoga - 9:30-10:30am.** Beginning and continuing students will learn yoga techniques to reduce stress, improve concentration, and develop a healthy and strong body.

Session III: May 6 - June 24. (Fee: \$40 - Carlisle Seniors Only).

Session IV: July 1 - August 5. (Fee: \$30 - Carlisle Seniors Only).

Call the Recreation Dept. to register (978) 369-9815. **Checks payable to Carlisle Recreation Dept.**

#### **THURSDAYS**

**June 4, 11, 18, 25**

**Fitness Class - 9:45am, Town Hall, Clark Room.** Great for all ability levels, may be done in a chair. Wear comfortable clothes. Fee: \$40 (June-Aug.).

**Cardio-Boost Class - 10:45am, Congregational Church.** A heart-healthy, aerobic workout. Bring hand weights and wear comfortable clothes. Fee: \$40 (June-Aug.).

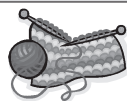
#### **FRIDAYS**

**June 5, 12, 19, 26**

**SAMA (Senior Approach to Maintaining Agility) - 10:45am, Town Hall, Clark Room.** A fitness class which focuses on balance, strength and flexibility. 50+ welcome. Taught by Sensei Tony Hanley. Fee: **\$100/10wks.** Summer session runs May 29 - August 7. (No Class July 3.) For more info contact osbkarate.com or call the COA at (978) 371-2895.



**Knitting in Service Society**  
**Thursday, June 18, 7:30pm**



For meeting location, call the COA at (978) 371-2895.

### **FREE Blood Pressure Clinics**



**Wednesday, June 3, 11:30am**

**Chelmsford Crossing Lunch**

Congregational Church, sponsored by COA Volunteer.

**Thursday, June 4, 9am**

**COA Coffee, Sleeper Room,** sponsored by Life Care Center of Nashoba Valley.

**Thursday, June 11, 8am**

**Men's Breakfast Sleeper Room,** sponsored by Home Instead.

**Thursday, June 18, 11am**

**COA Monthly Lunch, St. Irene,** sponsored by FOCCOA and Emerson Home Care.

**Monday, June 22, 10am**

**Senior Moments, Ferns,** sponsored by Right at Home.

### **Caregiver Support Group**

**Monday, June 8, 4pm**

**- Gleason Library, Hollis Room -**

Anne Marie Rowse of Senior Care Advisors, will facilitate a **FREE** support group for those caring for aging loved ones experiencing challenges, as well as provide family members/elders looking for health care info. For more info, email [amarowse@charter.net](mailto:amarowse@charter.net).

**Inside Walking @**  
**Carlisle School Gym**



**Monday-Friday, 6:45-7:30am**

To walk you **MUST** call David Flannery (978) 371-2279 any time after 4pm the day before and before 5am the day you want to walk. For security reasons the gym will not be left open. *Last day of school is Tuesday, June 23.*









**Podiatry Clinic**  
**Tuesday, July 7**

**- Benfield, 2nd Fl., 575 South St. -**

For an appointment, call the COA (978) 371-2895. **Cost:** \$20 (partially funded by FOCCA). Checks made to Carlisle COA or cash; payable day of clinic. For Carlisle "60+ residents."

# June 2015

SUN	MON	TUE	WED	THU	FRI	SAT
	<b>1</b> <b>InterGen. Poetry</b> - CCHS, Leave Town Hall (TH) 9am	<b>2</b> <b>Zumba</b> - 10:45am, St. Irene <b>Tai Chi</b> - 12:30pm, St. Irene <b>Ballroom</b> - 2pm, St. Irene	<b>3</b> <b>Yoga</b> - 9:30am, Benfield <b>Chelmsford Crossing</b> <b>Lunch</b> - 12pm, BP 11:30am, Cong. Church; <i>after lunch:</i> Carlisle Birds	<b>4</b> <b>COA Coffee &amp; BP</b> - 9am, Sleeper Rm.	<b>5</b> <b>Grocery Shopping</b> - 9am <b>SAMA</b> - 10:45am  <b>Spring</b> <b>Fling</b> 6pm	<b>6</b>
<b>7</b>	<b>8</b> <b>InterGen. Poetry</b> - CCHS, Leave TH 9am <b>Sr. Moments</b> - 9:30am, Ferns, <b>Book Club</b> - 10:30am, Gleason Library <b>Restaurant Review</b> - Uno, VC 10:30am, CC 10:45am <b>Caregiver Support</b> - 4pm, Gleason Library	<b>9</b> <b>Sr. Poetry</b> - 10am, TH <b>Zumba</b> - 10:45am, St. Irene <b>Tai Chi</b> - 12:30pm, St. Irene <b>Tunia</b> - Benfield	<b>10</b> <b>Yoga</b> - 9:30am, Benfield	<b>11</b> <b>Men's Breakfast &amp; BP</b> - 8am, Sleeper Rm. <b>Fitness</b> - 9:45am <b>Cardio</b> - 10:45am	<b>12</b> <b>Grocery Shopping</b> - 9am <b>SAMA</b> - 10:45am  <b>Country Garden Tours</b> 	<b>13</b> <b>Pass It Forward Day</b> 10am-3pm  <b>Country Garden Tours</b> 
<b>14</b> 	<b>15</b>	<b>16</b> <b>Zumba</b> - 10:45am, St. Irene <b>Nashoba Lunch</b> - 11:45am <b>Tai Chi</b> - 12:30pm, St. Irene <b>COA Board Mtg.</b> - 7:00pm	<b>17</b> <b>Yoga</b> - 9:30am, Benfield  <i>Ramadan begins @ Sundown</i>	<b>18</b> <b>Fitness</b> - 9:45am <b>Cardio</b> - 10:45am <b>COA Lunch</b> - 11:45am, BP 11am, FRS; <i>after lunch:</i> Mark Twain <b>KISS</b> - 7:30pm	<b>19</b> <b>Grocery Shopping</b> - 9am <b>SAMA</b> - 10:45am	<b>20</b>
<b>21</b> 	<b>22</b> <b>Sr. Moments</b> - 9:30am, Ferns, BP 10am	<b>23</b> <b>Zumba</b> - 10:45am, St. Irene <b>Tai Chi</b> - 12:30pm, St. Irene <b>Tunia</b> - Benfield <b>Last Day Carlisle Public Schools</b> - Inside Walking Ends	<b>24</b> <b>Gloucester Lobster Cruise</b> - CC 8:30am <b>Yoga</b> - 9:30am, Benfield	<b>25</b> <b>Fitness</b> - 9:45am <b>Cardio</b> - 10:45am <b>Stoneham Theatre</b> - <i>Late Nite Catechism:</i> <i>Summer School,</i> VC 10:45am, CC 11am	<b>26</b> <b>Grocery Shopping</b> - 9am <b>SAMA</b> - 10:45am	<b>27</b> <b>Old Home Day!</b> 
	<b>29</b> <b>Hair Cuts on the Go!</b> - by appt., Town Hall	<b>30</b> <i>No Zumba</i> <b>Tai Chi</b> - 12:30pm, St. Irene <b>Ice Cream Social</b> - 1:30pm, Cong. Church		<b>NOTE: Inside walking</b> - Mon.-Fri. 6:45 - 7:30am CPS. See pg. 5 for more info.		



Say *"Thank you"* with your patronage to the sponsors who support this newsletter.

To find our sponsors, visit [SeekAndFind.com](http://SeekAndFind.com)

## The Inn at Robbins Brook

ASSISTED LIVING • MEMORY CARE  
ACTIVE LIVING

*Where We Treat You Like Family*

10 Devon Drive, Acton, MA 01720

**Call Today! 978-264-4666**



# The Edwards Team

40 Year Carlisle Resident



Charity Edwards



Helen Edwards

We're here to help! We know this town!

We love this town!

Direct: 978-369-2336 • 508-397-2509

Office: 978-369-5775

**Life** Experience ■ **Life**style ■ **Life**care ■ **Life**long ■ **Life** Enrichment ■ **Life** Purpose

## A Benchmark for *Life*.

Through our commitment to your health—**Lifecare**—we promise to provide every resident with guaranteed access to a full continuum of health care services for **life** with predictable monthly fees. That is the **Lifecare Advantage**.



The **Lifecare Advantage** is backed by **Benchmark Senior Living**, the largest provider of senior housing in New England. We strive to enrich the lives of seniors through an advanced approach to personal fulfillment. **At the intersection of self, purpose and community you will find The Commons in Lincoln.**



A Benchmark Signature Living Lifecare Community

One Harvest Circle  
Lincoln, MA 01773

**Brand-new cottages and apartment homes.**

**Open House every Thursday & Sunday, 1-3 p.m.**

**RSVP: 1-877-274-6995 or [www.TheCommonsInLincoln.com](http://www.TheCommonsInLincoln.com)**



## DEE FUNERAL & CREMATION SERVICES

Caring for  
Families  
since 1868



978-369-2030

Susan M. Dee Charles W. Dee  
[www.deefuneralhome.com](http://www.deefuneralhome.com)

## Linda Butterworth-Till

Attorney-at-Law

Estate Planning, Elder Law, Probate  
Long-Term Care Planning

Call or e-mail for a  
complimentary consultation

779 North Road 978-369-4017  
Carlisle, MA [lbtsq@lbtsq.com](mailto:lbtsq@lbtsq.com)

## ROLLINS INSURANCE AGENCY

369-6883

Carlisle Center  
Carlisle, MA



For Advertising Information,  
call LISA TEMPLETON  
at LPi today!

1 (800) 888.4574 ext. 3450  
[ltempleton@4LPi.com](mailto:ltempleton@4LPi.com)

Town of Carlisle  
66 Westford Street  
Carlisle, MA 01741

Presorted Standard  
US Postage Paid  
Carlisle, MA 01741  
Permit No. 1

## Return Service Requested



### Carlisle Old Home Day Weekend

**June 26-27**

Come and enjoy some good old fashion fun with your fellow Carlisleans at the Old Home Day weekend. This year's theme is **Bloomin' Carlisle**.

#### Old Home Day Doings

##### **Friday, June 26**

- ✿ Ice Cream Social - 6:30pm

##### **Saturday, June 27**

- ✿ Free Pancake Breakfast @ Cong. Church
- ✿ The Great Parade - 10am
- ✿ Country Fair - 10:30am
- ✿ Boy Scout BBQ Lunch - 11am
- ✿ Firefighters Chicken BBQ - 4pm
- ✿ Cake Walk - 5pm @ Town Hall

Please look for our van in the parade and stop by our Country Fair table and more learn about what we do, and have your grandkids (and those young-at-heart) create a fun foam photo frame for **FREE**.



**Happy Father's Day!**  
From the COA Staff



Superman in his later years

This newsletter is mailed in part with a grant from the Executive Office of Elder Affairs.  
Special thanks to the Friends of the Carlisle Council on Aging and the Concord Carlisle Community Chest  
for their support of COA programs and their assistance over the years.